



AHSC 5N01 FAHS Grad
Library Resource Session #2
Fall 2024



Ian Gordon



Ian Gordon, Teaching & Learning Librarian



Brock University Library

Health Sciences

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Health Sciences

What is this guide for?

This guide has been designed as a general program guide and is curated by [Brock librarians](#). It features links to most often used resources such as databases for books, peer-reviewed journal articles, theses, dissertations, open educational resources (OEDs), patents, standards, and more. Use the tabs on the left to navigate through the web page.

Selective course-related guides are provided when appropriate every term.

[Doing a Literature Review in Health and Social Care: A Practical Guide](#) (2023)

HLSC 2P00 Library Seminar ppt [slides](#) (PDF)

AHSC 5N01 FAHS Grad Students Library Seminar #1 September 23 [slides](#) (PDF)

AHSC 5N01 FAHS Grad Students Library Seminar #2 October 7 ppt [slides](#) (PDF)



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Library Resource Session #1 Agenda

- What's new in the library?
- Databases - lots of them
- Books/eBooks
- Articles
- Theses & Dissertations
- Citation management
- Where, how and when to get help!
- Questions?

Library Resource Session #2 Agenda

- Strategies to remain current
- How to be a better researcher
- How to be a better writer
- Brock Library key contacts
- Where, how and when to get help!
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Source: <https://todaysgeneralcounsel.com/is-your-organization-suffering-from-information-overload/>

There are too many places to look, for too many papers, which takes too much time.

There are too many places to look, for too many papers, which takes too much time.

[This] ...may result in feelings of inadequacy, frustration, and lack of agency.



But in reality, technology is not the problem – We are!

Strategies,

Run “alerts” or RSS feeds within individual databases using database alert services or publishers’ web sites to get citations and tables of contents by email as they become available.



Jump to section

[Aims and scope](#)

[Journal metrics](#)

[Editorial board](#)

[Abstracting and indexing](#)

[Open access](#)

[News and calls for papers](#)

[Publication details](#)

About this journal



Aims and scope

Health Literacy and Communication is an open-access, peer-reviewed journal that publishes original, interdisciplinary research exploring health literacy, health and communication, and the intersection of these two fields. The journal emphasises a global and accessible approach, including research in diverse international contexts with plain language summaries for consumers. It publishes qualitative and quantitative methods on empirical and theoretical health questions using the lens of multiple perspectives, experiences, and cultures. This journal provides a space for the international research community to advance scholarship on 1.) individual, community and organisational health literacy, and 2.) health communication with patients and consumers within health systems and in community settings.


Especially welcomed are interdisciplinary, international, and transnational articles that draw a connection between communication studies and health literacy as well as converging fields, including:

- health literacy
- health communication
- health education
- provider-patient/family communication
- shared decision-making
- health promotion
- health policy
- digital health
- medical ethics
- social marketing

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



Strategies,

Ask colleagues and research team members what they do,
create a shared Zotero Group account,
search for ideas...

[Home](#) > [Groups](#) > Group Contingencies

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Registered: 2024-03-25
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 The Use of Group Contingencies for Preventing and Managing D...	igordon	4/4/2024, 14:53:31
 Using the Good Behavior Game in an Inclusive Classroom	igordon	4/4/2024, 14:52:56

Strategies,

Check out individual databases' "forward citing" search services to identify new cited references for individual publications.

- [Google Scholar](#)
- Web of Science Complete
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Information seeking behaviors, attitudes, and choices of academic chemists

[ID Gordon](#), [P Meindl](#), [M White](#)... - Science & Technology ..., 2018 - Taylor & Francis

Chemists in academic institutions utilize a variety of resources and strategies to remain current and to track scholarly information, patents, and news. To explore how chemists in ...

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Information seeking behaviors, attitudes, and choices of academic mathematicians

[ID Gordon](#), [BD Cameron](#), [D Chaves](#)... - Science & Technology ..., 2020 - Taylor & Francis

Mathematicians in academic institutions utilize a variety of resources and strategies to seek, find, and use scholarly information and news. Using a sample of mathematicians, ...


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Information seeking behaviors, attitudes, and choices of academic physicists


[ID Gordon](#), [D Chaves](#), [D Dearborn](#)... - Science & ..., 2022 - Taylor & Francis

Physicists in academic institutions utilize a variety of resources and strategies to seek, find, and use scholarly information and news. Using a sample of physicists, researchers surveyed ...


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Help colleagues find you.

REVIEW

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Complete your profile.

ADD

 Add co-authors
We have co-authors suggestions.

ADD



Ian D Gordon

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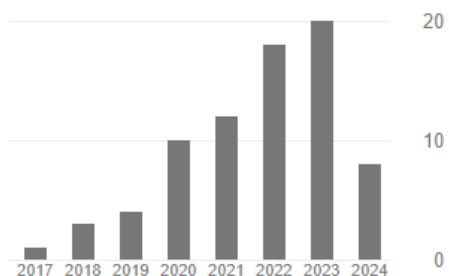
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"graduate students" mental heal...

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Publication - Article

Exploring graduate student mental health and service utilization by gender, race, and year in school.

Journal of American College Health, 1-9 - November 2022

https://doi.org/10.1080/07448481.2022.2145898

Authors

Mikhila N Wildey - Grand Valley State University

Meghan E Fox - Grand Valley State University

Kelly A Machnik - Grand Valley State University

Deborah Ronk - Grand Valley State University

Summary

TL;DR

Key highlights

Top keywords

The study investigates differences in mental health issues and service utilization among graduate students based on gender, race/ethnicity, and year in school, finding that women and students in later years experience more mental health problems and utilize services more. Additionally, White students reported a greater negative impact from the pandemic and faced fewer financial strains compared to non-White students. The research highlights the need for universities to enhance communication and tailor services to better support graduate students.

Abstract

OBJECTIVE: The current study explored differences in mental health issues and service utilization among graduate students based on gender, race/ethnicity, and year in school, finding that women and students in later years experience more mental health problems and utilize services more. Additionally, White students reported a greater negative impact from the pandemic and faced fewer financial strains compared to non-White students. The research highlights the need for universities to enhance communication and tailor services to better support graduate students.

Participants consisted of 734 graduate students from a large, Midwestern university. RESULTS: Women and students in later years experience more mental health problems and utilize services more. Additionally, White students reported a greater negative impact from the pandemic and faced fewer financial strains compared to non-White students. The research highlights the need for universities to enhance communication and tailor services to better support graduate students.

More

Publication citations - 2

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Shifting the Resilience Narrative: A Qualitative Study of Resilience in the Canadian Post-secondary Context

Jennifer E. Thannhauser, Madison Heintz, Thomas Qiao, Alex Riggan, Gina Dimitropoulos, Keith S. Dobson, Andrew C. H. Szeto

2024, Emerging Adulthood - Article

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Mental Health Problems Among Graduate Students in Turkey: a Cross-Sectional Study

Cafer Kılıç, Faika Şanal Karahan

2023, International Journal for the Advancement of Counselling - Article

Citations

1

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Challenges in Mental Health and Policing

Ian Cummins

2022 - Monograph

Citations

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The mental health of university students during the COVID-19 pandemic: An online survey in the UK

Tianhua Chen, Mike Lucock

2022, PLOS ONE - Article

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2

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1.47

0.51

Total citations

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Field Citation Ratio

Relative Citation Ratio

Open Access status

Open access, Green

Document history

2022-11-17 Published online

2022-11-17 Published print

Research categories

Fields of Research (ANZSRC 2020)

42 Health Sciences

4203 Health Services and Systems

Sustainable Development Goals

3 Good Health and Well Being

Publication IDs

DOI: 10.1080/07448481.2022.2145898

PMID: 36395376

ISSN: 0744-8481

eISSN: 1940-3208


https://www.semanticscholar.org/


DOI: 10.1371/journal.pone.0218554 • Corpus ID: 195796890


First-year university is associated with greater body weight, body composition and adverse dietary changes in males than females


Kayleigh M Beaudry, Izabella A Ludwa, Aysha M Thomas, W. Ward, B. Falk, A. Josse [less](#) • Published in *PLoS ONE* 3 July 2019 • Medicine, Education


TLDR It is demonstrated that during first-year university, both male and female students undergo unfavorable changes in nutrition and body weight/composition that significantly differ between sexes, with males showing more adverse changes.[Expand](#)


 [PDF] Semantic Reader



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Publication Years

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1 of 4

1



A Small-Scale Event and a Big Impact-Is This Relationship Possible in the World of Sport? The Meaning of Heritage Sporting Events for Sustainable Development of Tourism-Experiences from Poland

Malchrowicz-Mosko, E and Poczta, J

Nov 2018 | SUSTAINABILITY 10 (11)

The theoretical part of this article presents the meaning of sporting events for the tourism industry and the importance of sporting events at a small scale, as well as heritage sporting events for sustainable development of tourist destinations. The literature review shows that there is a clear research gap with respect to the analysis of economic a ... [Show more](#)

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Pain management in periodontal therapy using local anesthetics and other drugs: an integrative review

Journal Of Dental Anesthesia And Pain Medicine

Background: Surgical and non -surgical periodontal procedures often lead to postoperative pain. Clinicians use pharmacological methods such as anesthetics, anti-inflammatory drugs, and analgesics for relief. However, the multitude of ...

Precursor Radiographic Findings in Patients With Medication-Related Osteonecrosis of the Jaw

Journal Of Oral And Maxillofacial Surgery

Background: Oral surgical treatment, such as tooth extraction, has been identified as a risk factor for the onset of medication-related osteonecrosis of the jaw (MRONJ). However, MRONJ may already be latent, and its manifestation may ...

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Keeping Current with Literature

Keeping Current with Literature

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Creating Alerts: Google Scholar

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Features of Google Scholar

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Search terms: "Homes for the Aged"[Mesh]

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PubMed Results

Items 1-36 of 36 ([Display the 36 citations in PubMed](#))

1. [An electrophysiological investigation of referential communication.](#)
Dwivedi VD, Selvanayagam J.
Brain Lang. 2024 Jun 28;254:105438. doi: 10.1016/j.bandl.2024.105438. Online ahead of print.
PMID: 38943944

Library Resource Session #2 Agenda

- Strategies to remain current
- How to be a better researcher
- How to be a better writer
- Brock Library key contacts
- Where, how and when to get help!
- Questions?

What is my research question(s)?

Is ADHD associated with increased risk of obesity in children?

Attention Deficit Disorder with Hyperactivity

A behavior disorder originating in childhood in which the essential features are signs of developmentally inappropriate inattention, impulsivity, and hyperactivity. Although most individuals have symptoms of both inattention and hyperactivity-impulsivity, one or the other pattern may be predominant. The disorder is more frequent in males than females. Onset is in childhood. Symptoms often attenuate during late adolescence although a minority experience the full complement of symptoms into mid-adulthood. (From DSM-V)

Year introduced: 1984

Entry Terms:

- Attention Deficit Disorders with Hyperactivity
- ADHD
- Attention Deficit Hyperactivity Disorder
- Hyperkinetic Syndrome
- Syndromes, Hyperkinetic
- Attention Deficit-Hyperactivity Disorder
- Attention Deficit-Hyperactivity Disorders
- Deficit-Hyperactivity Disorder, Attention
- Deficit-Hyperactivity Disorders, Attention
- Disorder, Attention Deficit-Hyperactivity
- Disorders, Attention Deficit-Hyperactivity
- ADDH
- Attention Deficit Hyperactivity Disorders
- Attention Deficit Disorder
- Attention Deficit Disorders
- Deficit Disorder, Attention
- Deficit Disorders, Attention
- Disorder, Attention Deficit
- Disorders, Attention Deficit
- Brain Dysfunction, Minimal
- Dysfunction, Minimal Brain
- Minimal Brain Dysfunction

Previous Indexing:

- [Brain Damage, Chronic \(1966-1968\)](#)

[All MeSH Categories](#)

[Psychiatry and Psychology Category](#)

[Mental Disorders](#)

[Neurodevelopmental Disorders](#)

[Attention Deficit and Disruptive Behavior Disorders](#)

Attention Deficit Disorder with Hyperactivity

Child

A person 6 to 12 years of age. An individual 2 to 5 years old is CHILD, PRESCHOOL.

PubMed search builder options

- ☐ Restrict to MeSH Major Topic.
- ☐ Do not include MeSH terms found below this term in the MeSH hierarchy.

Tree Number(s): M01.060.406

MeSH Unique ID: D002648

Entry Terms:

- Children

See Also:

- [Only Child](#)
- [Minors](#)

[All MeSH Categories](#)

[Persons Category](#)

[Persons](#)

[Age Groups](#)

Child

[Child, Preschool](#)

Obesity

A status with BODY WEIGHT that is grossly above the recommended standards, usually due to accumulation of excess FATS in the body. The standards may vary with age, sex, genetic or cultural background. In the BODY MASS INDEX, a BMI greater than 30.0 kg/m² is considered obese, and a BMI greater than 40.0 kg/m² is considered morbidly obese (MORBID OBESITY).

PubMed search builder options

Subheadings:

- | | |
|--|---------------------------------------|
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| <input type="checkbox"/> cerebrospinal fluid | <input type="checkbox"/> epidemiology |
| <input type="checkbox"/> chemically induced | <input type="checkbox"/> ethnology |
| <input type="checkbox"/> classification | <input type="checkbox"/> etiology |
| <input type="checkbox"/> complications | <input type="checkbox"/> genetics |
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| <input type="checkbox"/> diagnosis | <input type="checkbox"/> immunology |
| <input type="checkbox"/> diagnostic imaging | <input type="checkbox"/> metabolism |
| <input type="checkbox"/> diet therapy | <input type="checkbox"/> microbiology |
| <input type="checkbox"/> drug therapy | <input type="checkbox"/> mortality |
| <input type="checkbox"/> economics | <input type="checkbox"/> nursing |
| <input type="checkbox"/> embryology | <input type="checkbox"/> parasitology |

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See Also:

- [Appetite Depressants](#)
- [Body Weight](#)
- [Diet, Reducing](#)
- [Skinfold Thickness](#)
- [Lipectomy](#)
- [Anti-Obesity Agents](#)
- [Bariatrics](#)

[All MeSH Categories](#)

[Diseases Category](#)

[Nutritional and Metabolic Diseases](#)

[Nutrition Disorders](#)

[Overnutrition](#)

[Overweight](#)

Obesity

[Obesity Hypoventilation Syndrome](#)

[Obesity, Abdominal](#)

[Obesity, Maternal](#)

[Obesity, Metabolically Benign](#)

[Obesity, Morbid](#)

[Pediatric Obesity](#)

[Prader-Willi Syndrome](#)

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[Diseases Category](#)

[Pathological Conditions, Signs and Symptoms](#)

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[Body Weight](#)

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What is another word for **obese**?

Need *synonyms for obese*? Here's a list of *similar words* from our *thesaurus* that you can use instead.

Adjective

Grossly fat or overweight

fat overweight plump portly rotund chubby fleshy corpulent

tubby stout podgy pudgy blubbery chunky round paunchy

gross bulky porky ample beefy full heavy flabby lardy

fussy large poddy abdominous replete puffy big massive

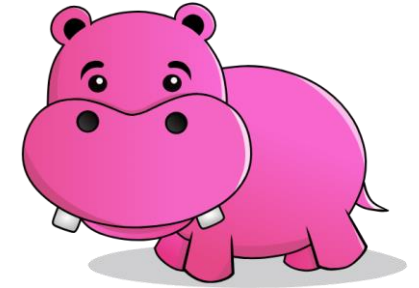
bloated Falstaffian elephantine solid outsize porcine adipose

avouidupois roly-poly pot-bellied beer-bellied well padded

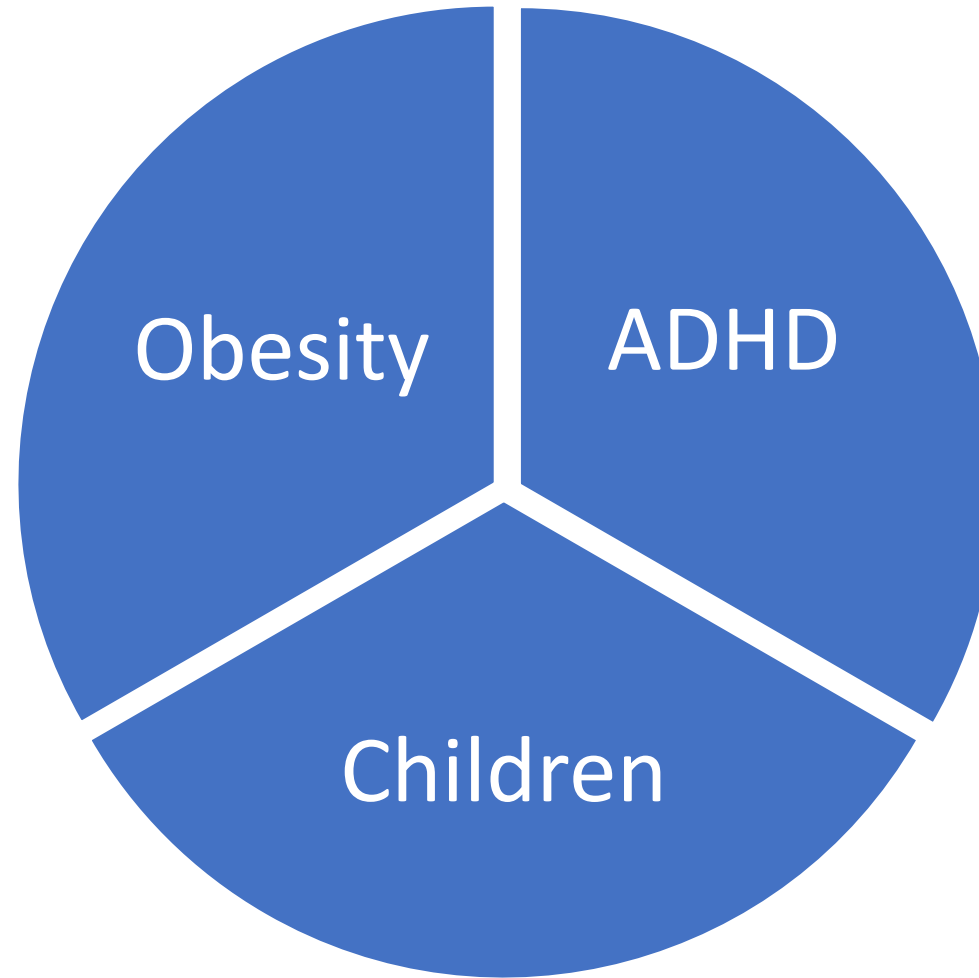
well upholstered broad in the beam morbidly obese well-upholstered

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*"Abdominally **obese** respondents were more often exhausted and experienced problems with sweating and depressive symptoms."*

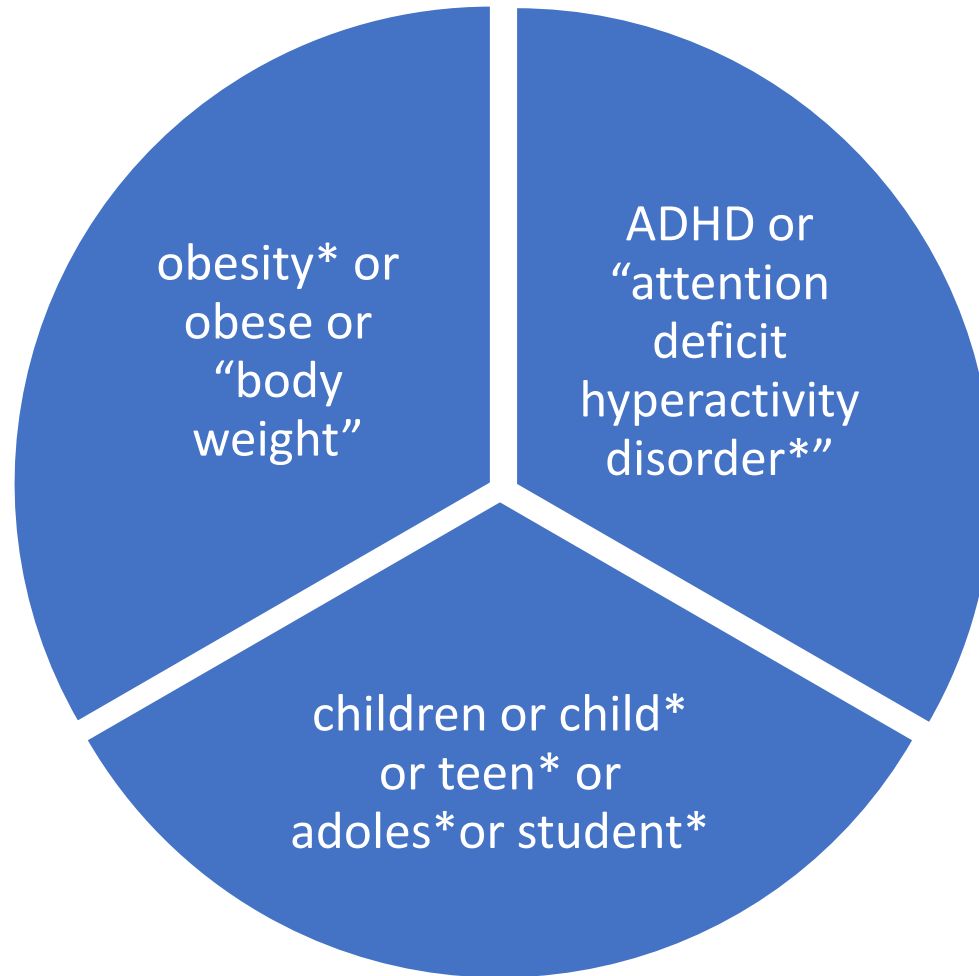


Is ADHD associated with increased risk of obesity in children?



Databases
Currency of information
Language
Discipline
Format

Is ADHD associated with increased risk of obesity in children?



Databases:

MEDLINE, Embase, Web of Science Complete, CINAHL, PsycINFO, Scopus...

Currency of information: 2000+

Language: English

Discipline: Health/Physiology

Format: Scholarly peer-reviewed articles

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Is ADHD associated with increased risk of obesity in children?

obesity* or obese or "body weight" or overweight or...

AND

ADHD or "attention deficit hyperactivity disorder*" or...

AND

child* or teen* or adoles* or "high school*" or (elementary or secondary) near/2 student* or...

risk / associated / increased / Canad* / clinical studies / definitions / evidence synthesis...

Search in: All Databases ▾ Collections: All ▾

DOCUMENTS

CITED REFERENCES

Topic ▾

Example: oil spill* mediterranean

obese* or obesity or "body weight" or overweight

×

And ▾

Topic ▾

Example: oil spill* mediterranean

adhd or "attention deficit disorder"

×

And ▾

Topic ▾

Example: oil spill* mediterranean

child* or teen* or adoles* or "high school*" or (elementary or secondary) near/2 student*

×

+ Add row

+ Add date range

Advanced search

× Clear

🔍 Search

1,066 results from All Databases for:

obese* or obesity or "body weight" or overweight (Topic) and adhd or "attention deficit disorder*" (Topic) and child* or teen* or adoles* o...



[Copy query link](#)

[+ Add Keywords](#)

Quick add keywords:



[+ adhd](#)

[+ attention-deficit disorder with hyperactivity](#)

[+ attention-deficit-hyperactivity disorder](#)

[+ addictive-like eating](#)

[+ a](#)



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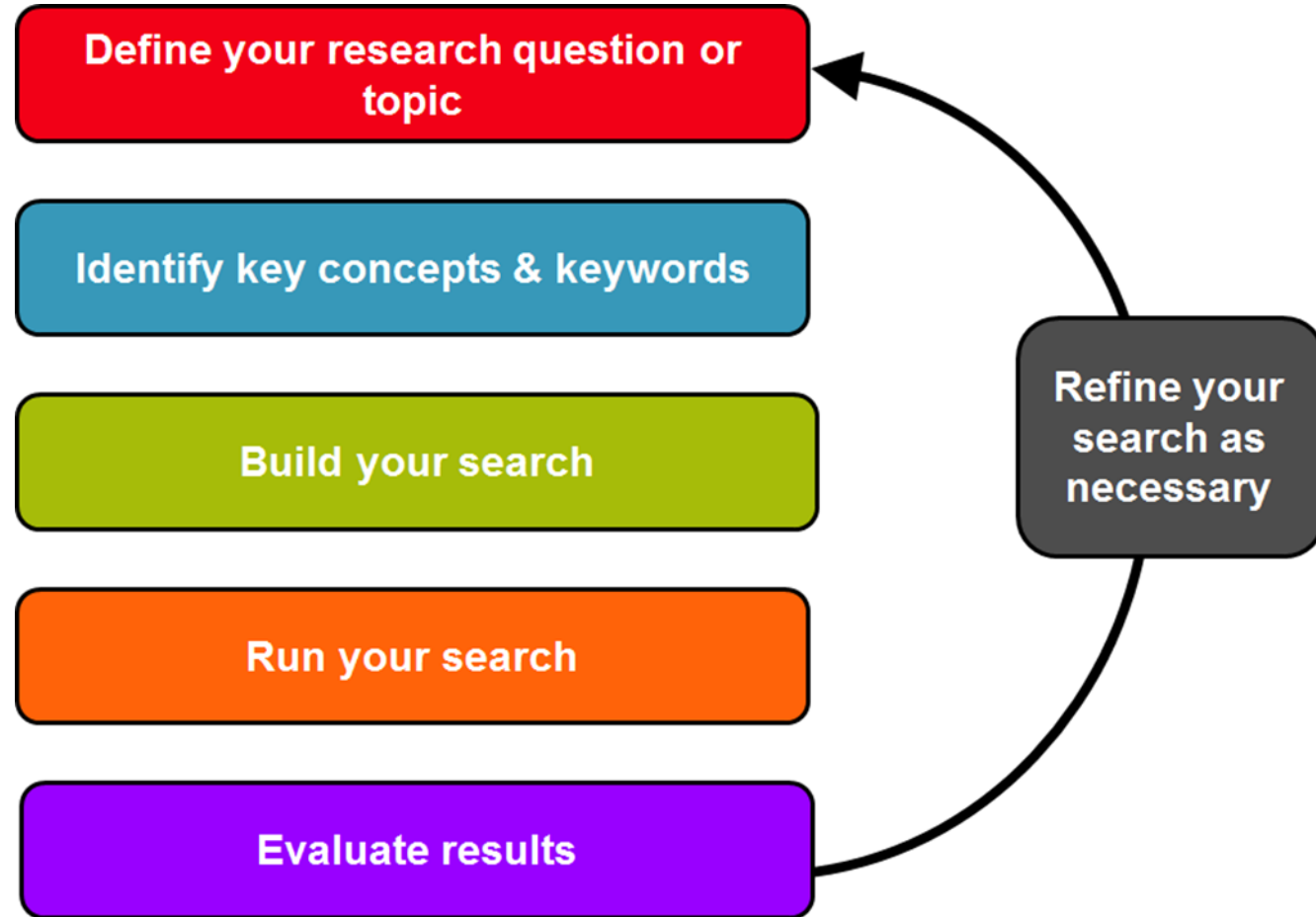
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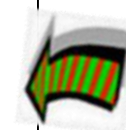
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Sonmez, AI; Garcia, JO; (...); Lewis, CP

Aug 2024 | JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY ▾ 63 (8) , pp.789-812

Objective: Impulsivity contributes to many clinically relevant behaviors impacting youth. A scoping review was conducted to characterize existing research using the Urgency, Premeditation (lack of), Perseverance (lack of), Sensation Seeking (UPPS) Impulsive Behavior Scales in youth populations, to review the psychometric and validity data of UPPS, and to summarize findings related to sex/gende

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Caci, H; Chierici, A and Iannelli, A

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AimsAttention-deficit with hyperactivity disorder (ADHD) is associated with obesity and impacts the outcome of metabolic and bariatric surgery (MBS). This study aimed at calculating the prevalence in candidates for MBS, which is yet unclear.MethodsWe conducted a systematic review and meta-analysis, searching three databases from their respective inception to December 2022 for studies reporting

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Evidence on the link between developmental coordination disorder (DCD) and obesity and overweight is mixed. Based on a pre-registered protocol (PROSPERO: CRD42023429432), we conducted the first systematic review/ meta-analysis on the association between DCD and excessive weight. Web of Science, PubMed and an institutional database aggregator were searched until the 18th of December 2023. We ass

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Lipopolysaccharide-Induced Bone Loss in Rodent Models: A Systematic Review and Meta-Analysis

By Bott, KN (Bott, Kirsten N.) [1], [2], [9]; Feldman, E (Feldman, Evelyn) [3]; de Souza, RJ (de Souza, Russell J.) [4], [5]; Comelli, EM (Comelli, Elena M.) [1], [6], [7]; Klentrou, P (Klentrou, Panagiota) [1], [2]; Peters, SJ (Peters, Sandra J.) [1], [2]; Ward, WE (Ward, Wendy E.) [1], [2], [6], [8]

Source JOURNAL OF BONE AND MINERAL RESEARCH Volume: 38 Issue: 1 Page: 198-213 DOI: 10.1002/jbmr.4740

Keywords Author Keywords: MICRO-COMPUTED TOMOGRAPHY; DUAL-ENERGY X-RAY ABSORPTIOMETRY (DXA); BONE HISTOMORPHOMETRY; BIOCHEMICAL MARKERS OF BONE TURNOVER; PRECLINICAL STUDIES

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Bott, K. N., Feldman, E., De Souza, R. J., Comelli, E. M., Klentrou, P., Peters, S. J., & Ward, W. E. (2020). Lipopolysaccharide-induced bone loss in rodent models: A systematic review and meta-analysis. *Journal of Bone and Mineral Research*, 38(1), 198–213. <https://doi.org/10.1002/jbmr.4740>

RESEARCH ARTICLE

JBMRR

Lipopolysaccharide-Induced Bone Loss in Rodent Models: A Systematic Review and Meta-Analysis

Kirsten N. Bott,^{1,2} Evelyn Feldman,³ Russell J. de Souza,^{4,5} Elena M. Comelli,^{1,6,7} Panagiota Klentrou,^{1,2} Sandra J. Peters,^{1,2} and Wendy E. Ward^{1,2,6,8}

¹Department of Kinesiology, Brock University, St. Catharines, ON, Canada

²Centre for Bone and Muscle Health, Brock University, St. Catharines, ON, Canada

³Lakehead University Library, Lakehead University, Thunder Bay, ON, Canada

⁴Department of Health Research Methods, Evidence, and Impact, Faculty of Health Sciences, McMaster University, Hamilton, ON, Canada

⁵Population Health Research Institute, Hamilton Health Sciences Corporation, Hamilton, ON, Canada

⁶Department of Nutritional Sciences, University of Toronto, Toronto, ON, Canada

⁷Joannah and Brian Lawson Centre for Child Nutrition, University of Toronto, Toronto, ON, Canada

⁸Department of Health Sciences, Brock University, St. Catharines, ON, Canada

ABSTRACT

Osteoporosis has traditionally been characterized by underlying endocrine mechanisms, though evidence indicates a role of inflammation in its pathophysiology. Lipopolysaccharide (LPS), a component of gram-negative bacteria that reside in the intestines, can be released into circulation and stimulate the immune system, upregulating bone resorption. Exogenous LPS is used in rodent models to study the effect of systemic inflammation on bone, and to date a variety of different doses, routes, and durations of LPS administration have been used. The study objective was to determine whether systemic administration of LPS induced inflammatory bone loss in rodent models. A systematic search of Medline and four other databases resulted in a total of 110 studies that met the inclusion criteria. Pooled standardized mean differences (SMDs) and corresponding 95% confidence intervals (CI) with a random-effects meta-analysis were used for bone volume fraction (BV/TV) and volumetric bone mineral density (vBMD). Heterogeneity was quantified using the *I*² statistic. Shorter-term (<2 weeks) and longer-term (>2 weeks) LPS interventions were analyzed separately because of intractable study design differences. BV/TV was significantly reduced in both shorter-term (SMD = −3.79%, 95% CI [−4.20, −3.38], *I*² 62%; *p* < 0.01) and longer-term (SMD = −1.50%, 95% CI [−2.00, −1.00], *I*² 78%; *p* < 0.01) studies. vBMD was also reduced in both shorter-term (SMD = −3.11%, 95% CI [−3.78, −2.44], *I*² 72%; *p* < 0.01) and longer-term (SMD = −3.49%, 95% CI [−4.94, −2.04], *I*² 82%; *p* < 0.01) studies. In both groups, regardless of duration, LPS negatively impacted trabecular bone structure but not cortical bone structure, and an upregulation in bone resorption demonstrated by bone cell staining and serum biomarkers was reported. This suggests systemically delivered exogenous LPS in rodents is a viable model for studying inflammatory bone loss, particularly in trabecular bone. © 2022 The Authors. *Journal of Bone and Mineral Research* published by Wiley Periodicals LLC on behalf of American Society for Bone and Mineral Research (ASBMR).

KEY WORDS: MICRO-COMPUTED TOMOGRAPHY; DUAL-ENERGY X-RAY ABSORPTIOMETRY (DXA); BONE HISTOMORPHOMETRY; BIOCHEMICAL MARKERS OF BONE TURNOVER; PRECLINICAL STUDIES

Introduction

Osteoporosis is a disease characterized by low bone mineral density (BMD) and weakened bone structure and is estimated to affect more than 500 million people worldwide.⁽¹⁾ Approximately one in three women and one in five men will suffer an osteoporotic fracture in their lifetime.⁽²⁾ Fragility fractures, resulting from low trauma (e.g., a fall from standing height or less), can result in decreased quality of life, increased risk of future fractures, morbidity, mortality and impose a significant financial burden on the healthcare system.^(3,4) An estimated 158 million individuals worldwide were at a high risk of a fragility fracture in 2010 and this is expected to double by 2040⁽⁵⁾; therefore, research investigating intervention strategies can have a major public health impact.

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Address correspondence to: Kirsten N. Bott, PhD, Department of Kinesiology, Brock University, St. Catharines, ON, L2S 3A1, Canada. E-mail: kirsten.bott@gmail.com

Additional Supporting Information may be found in the online version of this article.

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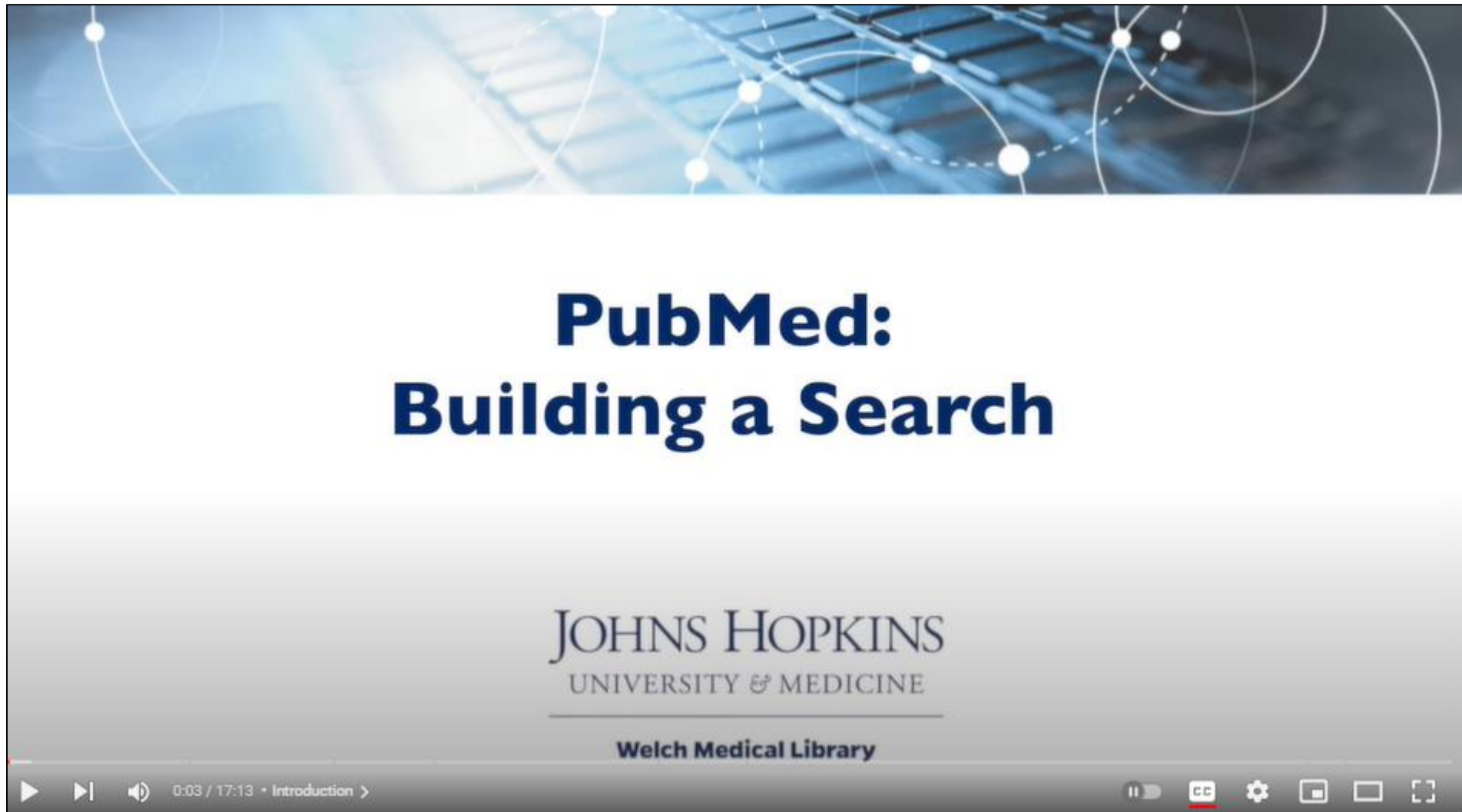
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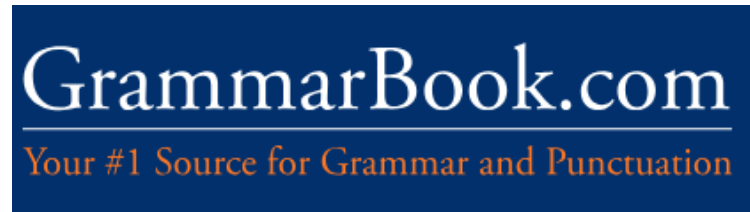


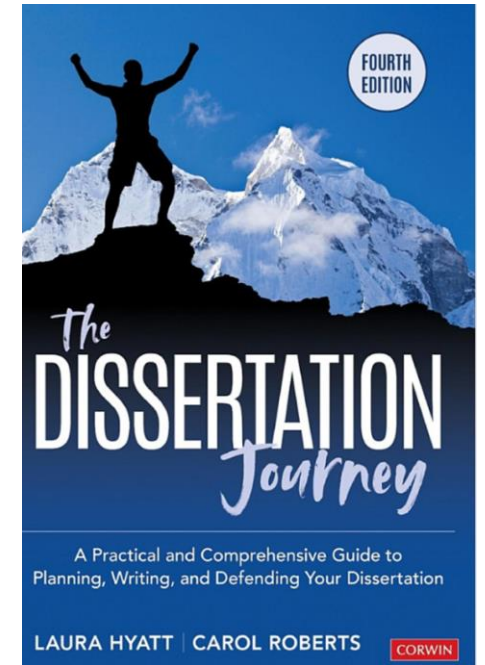
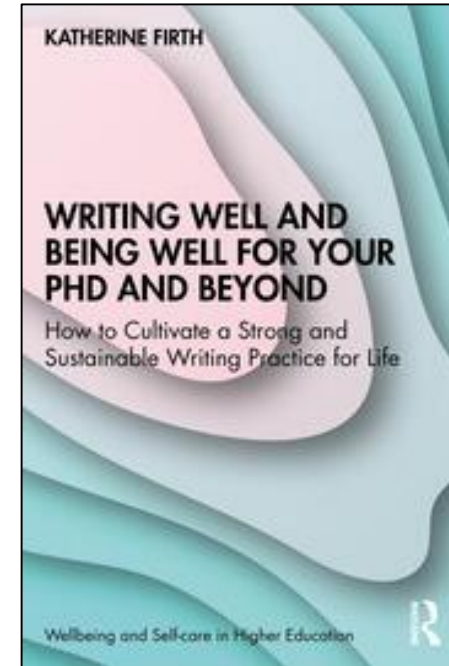
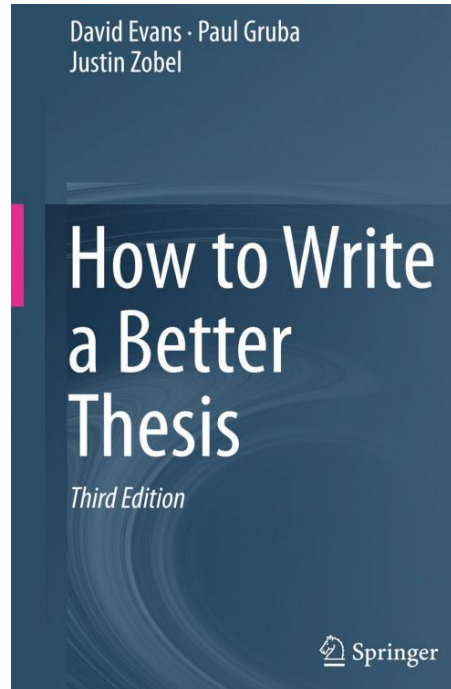
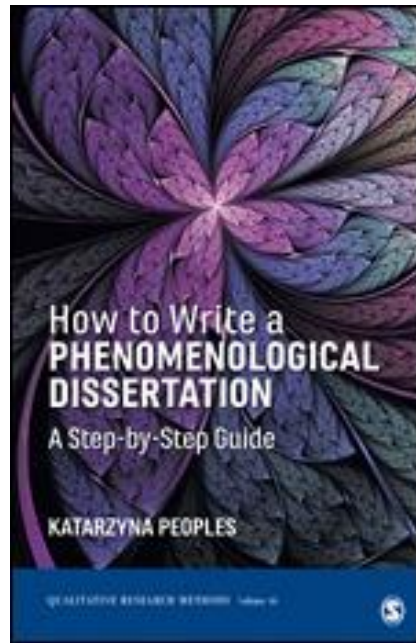
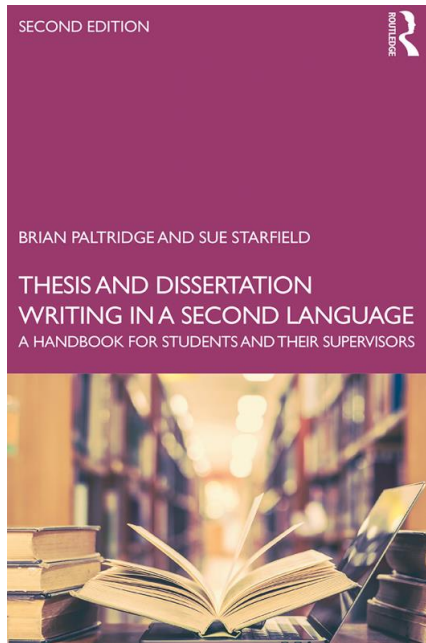
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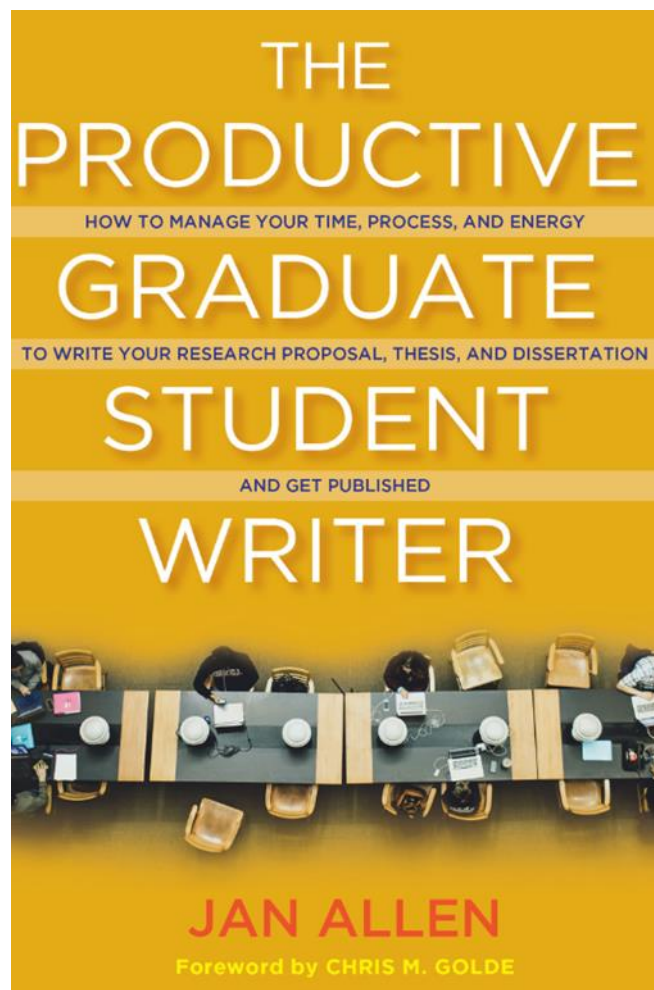
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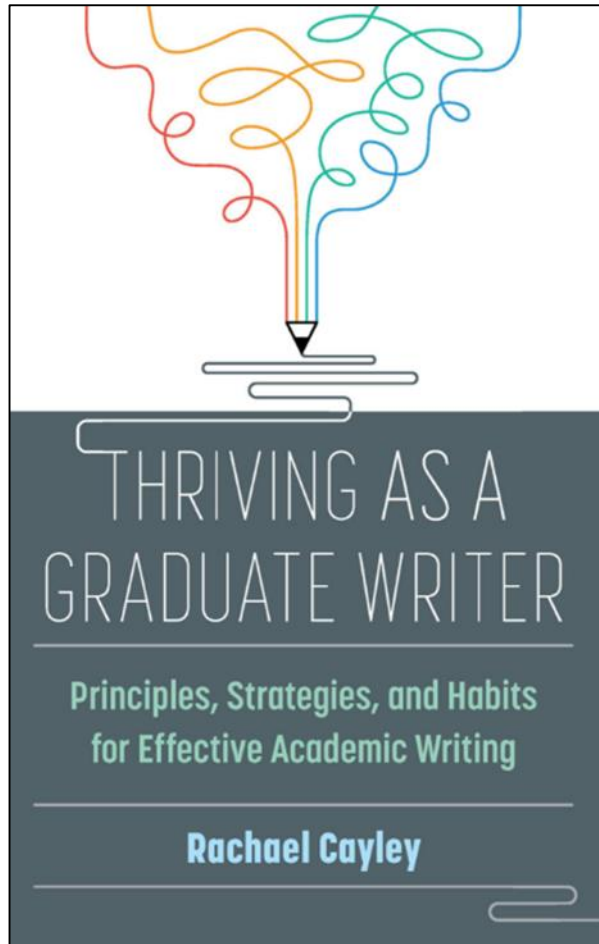
Writing a Thesis

You must write a thesis that you are able to write. This rule may seem trivial, but it is true, and many a thesis has been dramatically aborted because this rule was broken.

—Umberto Eco

Graduate students pursue a master's research degree, usually a master of science or master of art, because they want a career doing research or want to pursue a doctoral degree, which is also a research degree. Other, nonresearch master's degrees are referred to as a professional master's degree or terminal master's degree. They are designed to prepare graduate students for careers other than research, and although they may include a capstone experience such as an internship or a project with a final paper, the degree requirements don't include a thesis. Most research master's degrees require two years, occasionally more, of course work and research, and they culminate with the presentation and defense (an oral exam) of the research project.

Your thesis research may be historical, theoretical, or experimental. Or you may be doing an evaluation study of some clinical practice or educational application. The following description of thesis research is not meant to



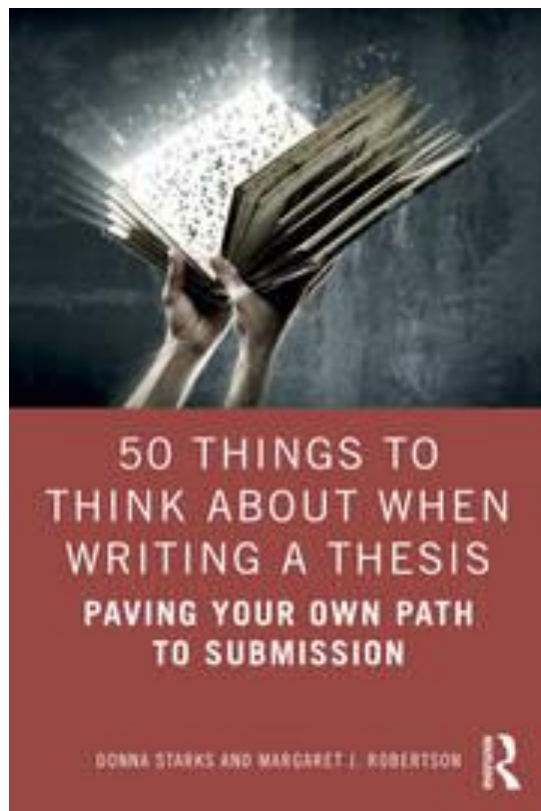
Writing in Graduate School: Why It Feels So Hard

"I feel like I should already know how to write."

"I feel like my writing difficulties mean I don't belong here."

"I feel like I'm alone in my writing struggles."

"I feel like academic writing can't be done well."



36. Authorship: when to use a personal pronoun, 'I/we'

Writing is, at its very core, a form of self-expression,¹¹ an expression of your thinking. Yet teachers of composition often recommend that if you use a first-person pronoun in your writing, you do so sparingly. This is partly because a key part of understanding writer identity is knowing how explicit to be about inputting aspects of yourself into your writing. When you write 'Starks and Macdonald (2022) provide a *clear* definition of a *key* concept', the words 'clear' and 'key' present the authors' interpretation that the description is 'clear' and that the concept is, in fact, 'key'. To add expressions such as 'I think' or 'we think'¹² when elaborating on the above text would be redundant.

In some cases, whether you use 'I' (or 'we' if writing a thesis by/with one or more co-authored publications) depends on the surrounding text. Expressions such as 'I disagree' can be redundant, but it might not always be. If you want to truly dispute a fact, 'I disagree' might come in handy as it has the potential to yell out to your audience that this is your thinking and in what follows, you will write an argument on a particular topic that you have strong opinions about. The use of 'I' with a strong opinion verb conveys information on how you wish the text to be read.

In other instances, a first-person pronoun can be used to give you control over your argument. Think about differences between 'The three issues are' and 'My three issues are...'. The use of the personal pronoun 'my' shows the reader that you are making selective choices. In other words, it's not every issue under consideration here; it's three points of *my* choosing. It's important to remember, however, that if you use 'my' (or 'our') to restrict your data in this way, you need to state why you are doing so, perhaps in a footnote. See Pointer 29 on the use of footnotes.

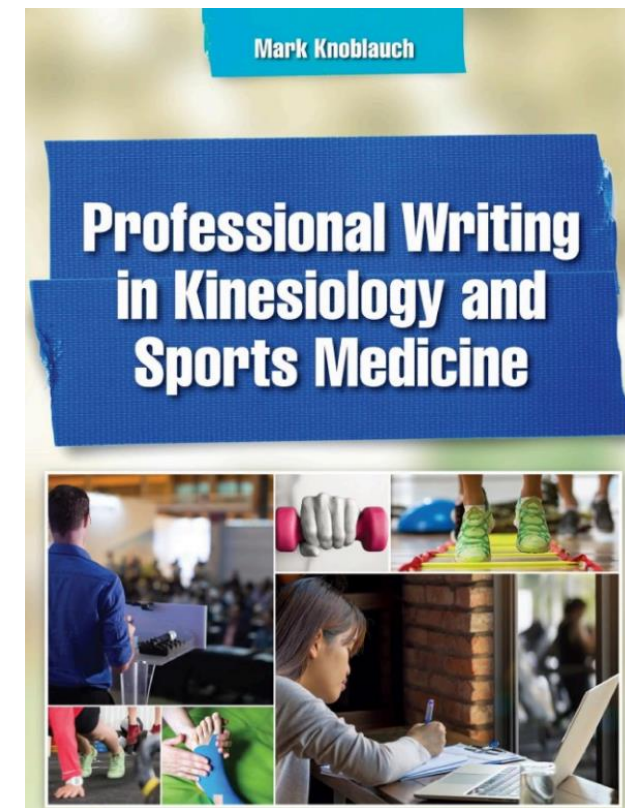
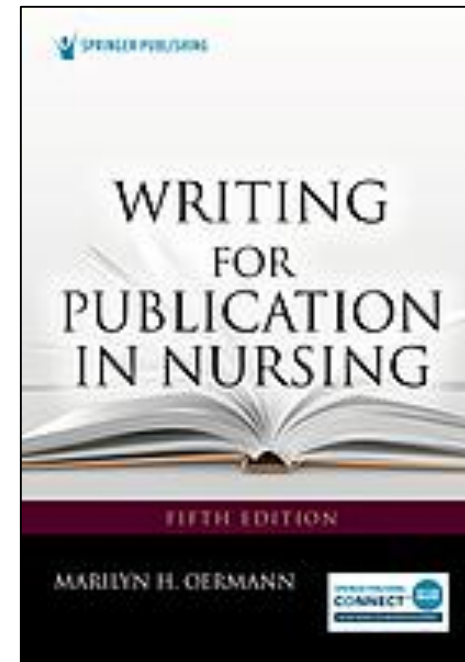
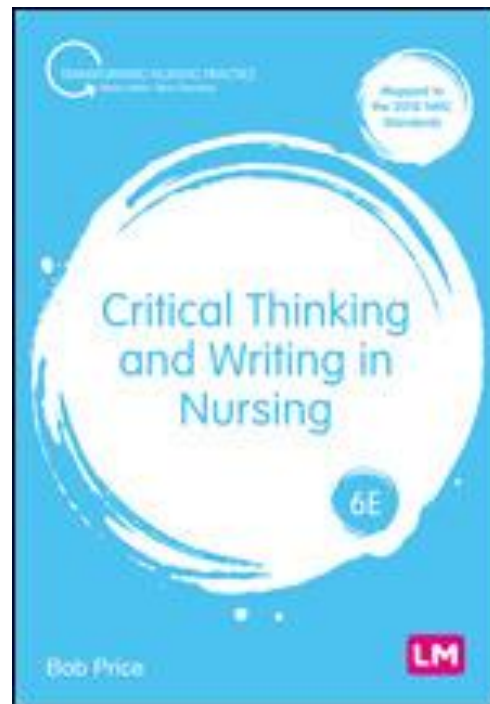
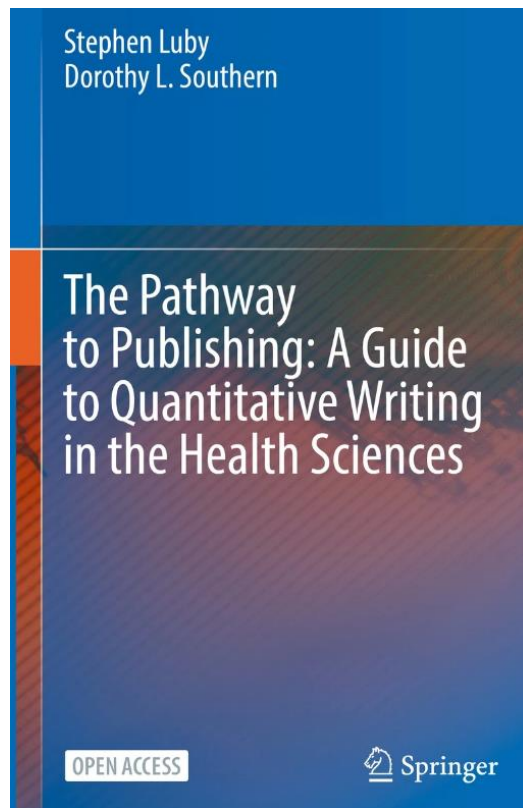
The examples discussed thus far are cases where you use one instance of the personal pronoun to make a point. In other circumstances in your thesis, you may use the personal pronoun 'I' throughout the text to achieve an entirely different range of outcomes. The personal pronoun 'I' scattered throughout a section of text can have the effect of making your text more

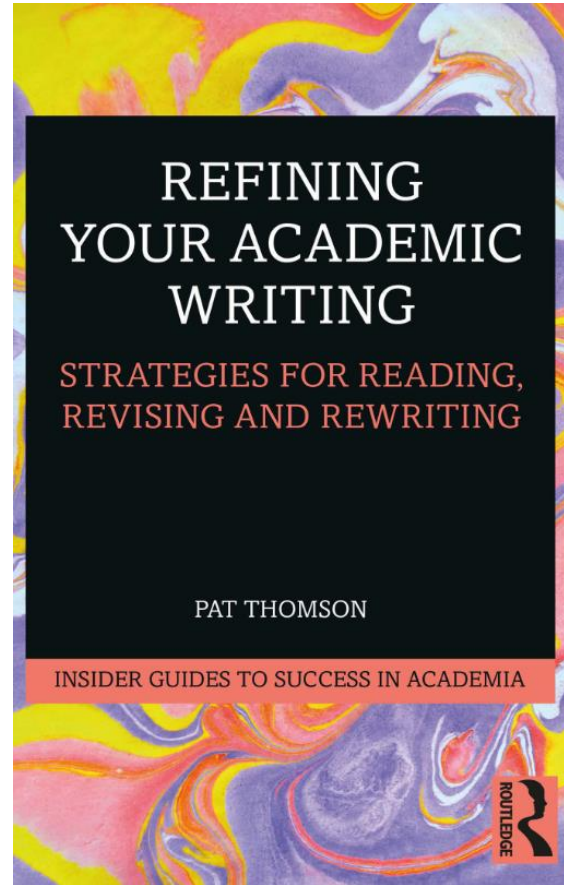
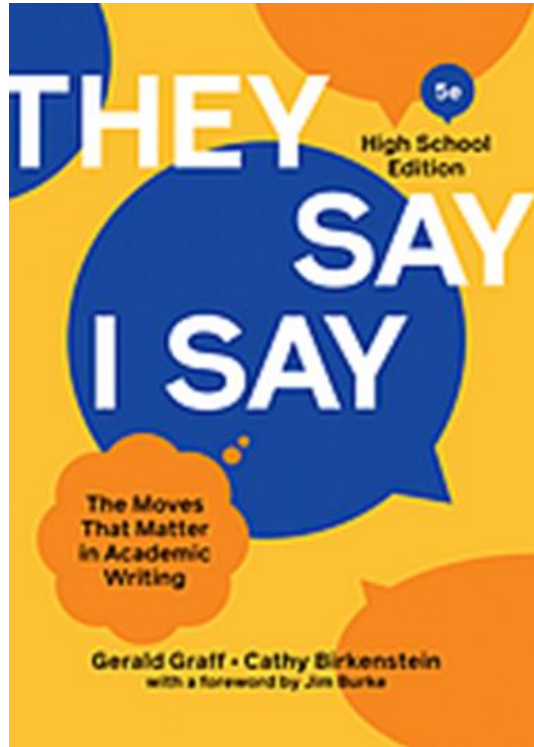
Lorelei Lingard
Christopher Watling

Story, Not Study: 30 Brief Lessons to Inspire Health Researchers as Writers

See One, Do One, Teach One

1. If your literature review feels without stance, ask someone else to read it and flag when they see you using one of the three primary stances in Fig. 4.1.
2. Circle all the reporting verbs in your literature. What are your default verbs? Using Tables 4.1, 4.2 and 4.3 as a resource, revise your verbs to express your own position on the knowledge and to represent relations among scholars in the field.
3. Identify a key source you plan to cite in your literature review, and practice taking a stance. Experiment with expressing agreement and affiliation or disagreement and distance. Notice how stance shifts as you modify your verb choices.





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- How to be a better researcher
- How to be a better writer
- **Brock Library key contacts**
- Where, how and when to get help!
- Questions?

Key Library Contacts:

Evidence Syntheses research

<https://brocku.ca/library/systematic-reviews/>

Map, Data & GIS support

Research Data Management, Nicole

<https://brocku.ca/library/mdgl/> email nstradiotto@brocku.ca

Data visualization, Daniel Brett, Digital Scholarship Lab

<https://brocku.ca/library/dsl/> email dsl@brocku.ca

Research Lifecycle, Denise Smith

<https://brocku.ca/library/publishing-support/> email dsmith@brocku.ca

Library Resource Session #2 Agenda

- Strategies to remain current
- How to be a better researcher
- How to be a better writer
- Brock Library key contacts
- Where, how and when to get help!
- Questions?

Where can I get help?

Brock Library Help

<https://brocku.ca/library/research-support/>

Brock Library Research Guides


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Email the Library

libhelp@brocku.ca

Ask Us Chat service

<https://brocku.ca/library/chat/>

Ask Us Chat 



Book a Consultation




<https://calendar.library.brocku.ca/appointments/researchconsultation>

<https://orcid.org/>



Wendy Ward

Wendy E. Ward

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2023	~450
2024	~320





Assessing the stability of polyphenol content in red rooibos herbal tea using traditional methods and high-resolution mass spectrometry: Implications for studying dietary interventions in preclinical rodent studies

Reem Mahamoud^a, David T. Bowman^c, Wendy E. Ward^{b,c}, Vaughn Mangal^{a,c,*}

^a Brock University, Department of Chemistry, Canada

^b Brock University, Department of Kinesiology, Canada

^c Brock-Niagara Validation, Prototyping and Manufacturing Institute, Canada

ABSTRACT

Preclinical rodent models are used to examine the relationship between tea consumption and bone health, where tea is available for rodents and typically replaced weekly. However, the extent to which the tea polyphenols change over time remains uncertain, despite its importance in preparing tea during preclinical rodent trials. Using an untargeted molecular approach, we applied a liquid chromatography quadrupole-time-of-flight mass spectrometry (LC-QTOFMS) system to assess the molecular profile of red rooibos teas throughout a 6-day aging period. We found a significant, 3-fold decrease of polyphenols involved in bone metabolism, including *m*-coumaric acid, catechin derivatives and coumaroyl tartaric acid over 6 days, likely due to photochemical decomposition and autooxidation within tea extracts. Using a novel untargeted workflow for polyphenol characterization, our findings revealed the complexity of polyphenols in red rooibos teas that can inform the evidence-based decisions of how often to change teas during *in vivo* rodent trials.

1. Introduction

Polyphenols are increasingly understood to be important modulators of metabolic, cognitive and musculoskeletal health (Inchingolo et al., 2022; Kujawska & Jodynis-Liebert, 2018; Sasaki, Nishida, & Shimada, 2018). With respect to bone health, polyphenols may support bone health through antioxidant or anti-inflammatory mechanisms (Ramesh, Jagadeesan, Sekaran, Dhanasekaran, & Vimalraj, 2021). The generation of reactive oxygen species (ROS) from oxidative stress with age can induce apoptosis of osteoblasts, cells responsible for bone formation, and also stimulate bone breakdown through activation of osteoclasts (Banfi, Iorio, & Corsi, 2008; Ramesh et al., 2021). Because tea is a particularly rich source of polyphenols, various types of tea – derived from *Camellia sinensis* or other plants such as rooibos from *Aspalathus linearis* – have been used in preclinical model studies to better understand the underlying mechanisms that explain the reported beneficial effects of polyphenols in humans (Shen et al., 2015, 2019; Zhou et al., 2023). These studies using mouse or rat models aim to elucidate potential dose-response relationships with tissue-specific outcomes that can often serve as surrogates for disease risk markers. Moreover, preclinical rodent models are often used to determine potential supplemental levels of polyphenols in human intervention studies. These studies also allow investigators to screen for potential adverse effects of

supplemental levels before conducting human intervention studies. Ensuring that the method of preparation of polyphenol interventions used in preclinical rodent models represents a consistent and intended polyphenol exposure is key to better understanding the mechanisms of action. Moreover, characterizing and reporting the composition of the intervention is ideal for supporting the reproducibility of findings within and across laboratories.

A practical consideration in preclinical rodent studies is how often the intervention should be freshly prepared to ensure that the intervention has maintained the intended composition to have the hypothesized biological effect. When providing polyphenols to mice and rats, it is common to provide these in their water supply, and thus, polyphenols are mixed with water to provide a known and predetermined concentration. A common practice in preclinical model studies is to provide water via bottles, which are changed at specific intervals depending on the protocols of the animal facility, though once or twice per week could be considered typical (McAlpine, Yumol, & Ward, 2021). Durations for providing a polyphenol intervention vary, though for studies investigating functional changes in tissues such as bone, providing polyphenols will typically be for several weeks through to 3 or 4 months or even longer to allow measurable changes in bone mineral density, three-dimensional bone structure and ultimately biomechanical bone strength. For example, in our recent study by our group in a rat model of

* Corresponding author.

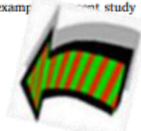
E-mail address: vmangal@brocku.ca (V. Mangal).

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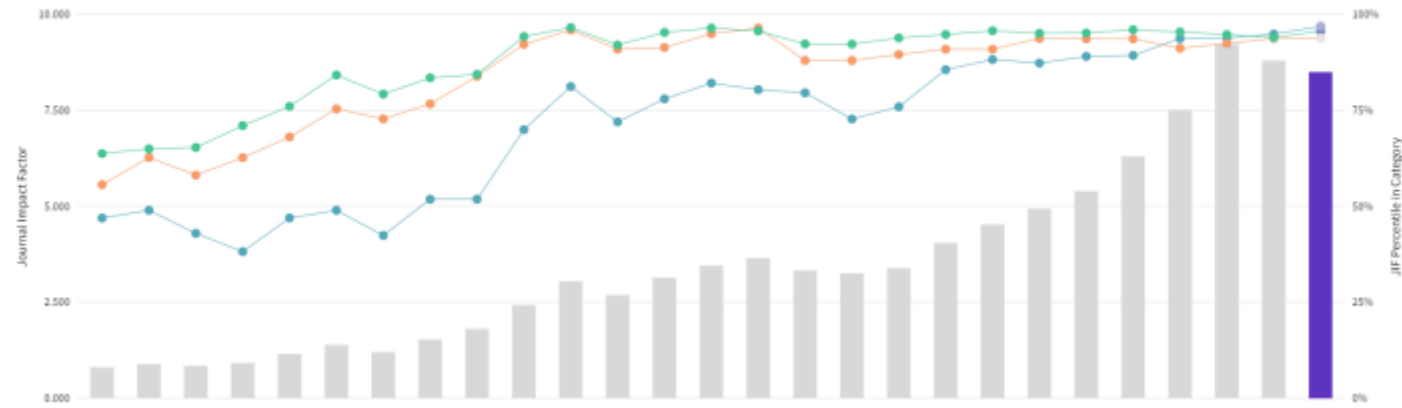
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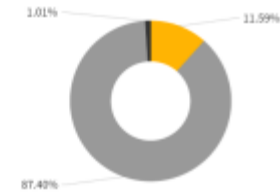
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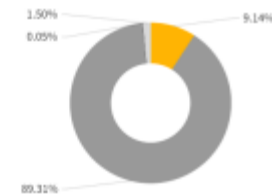
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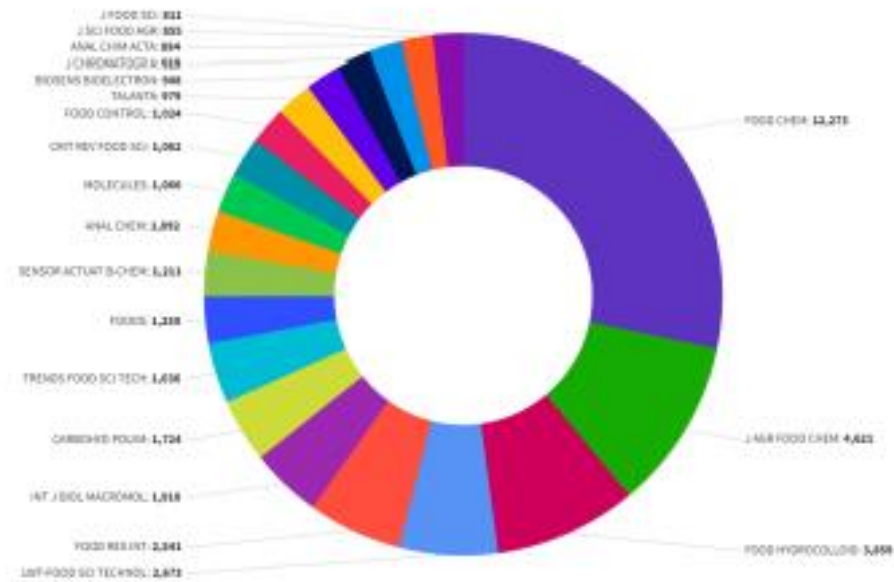
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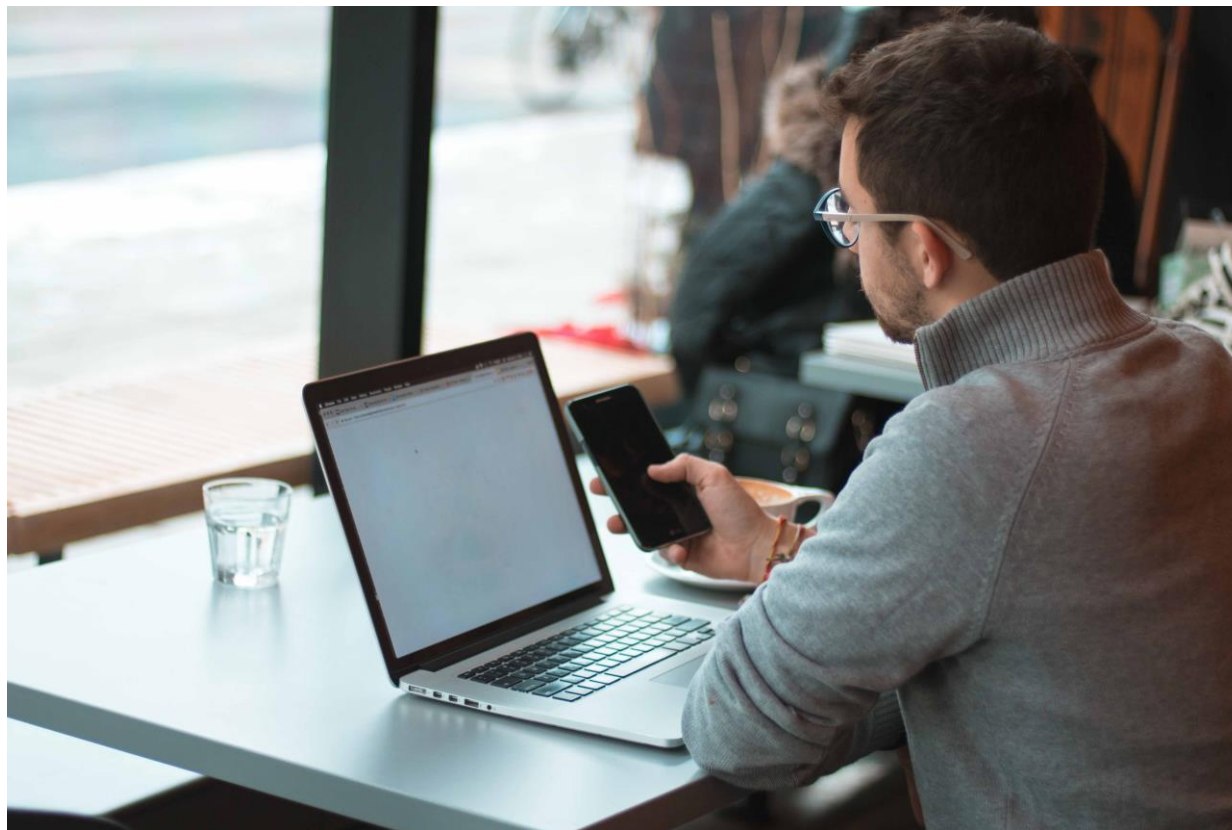
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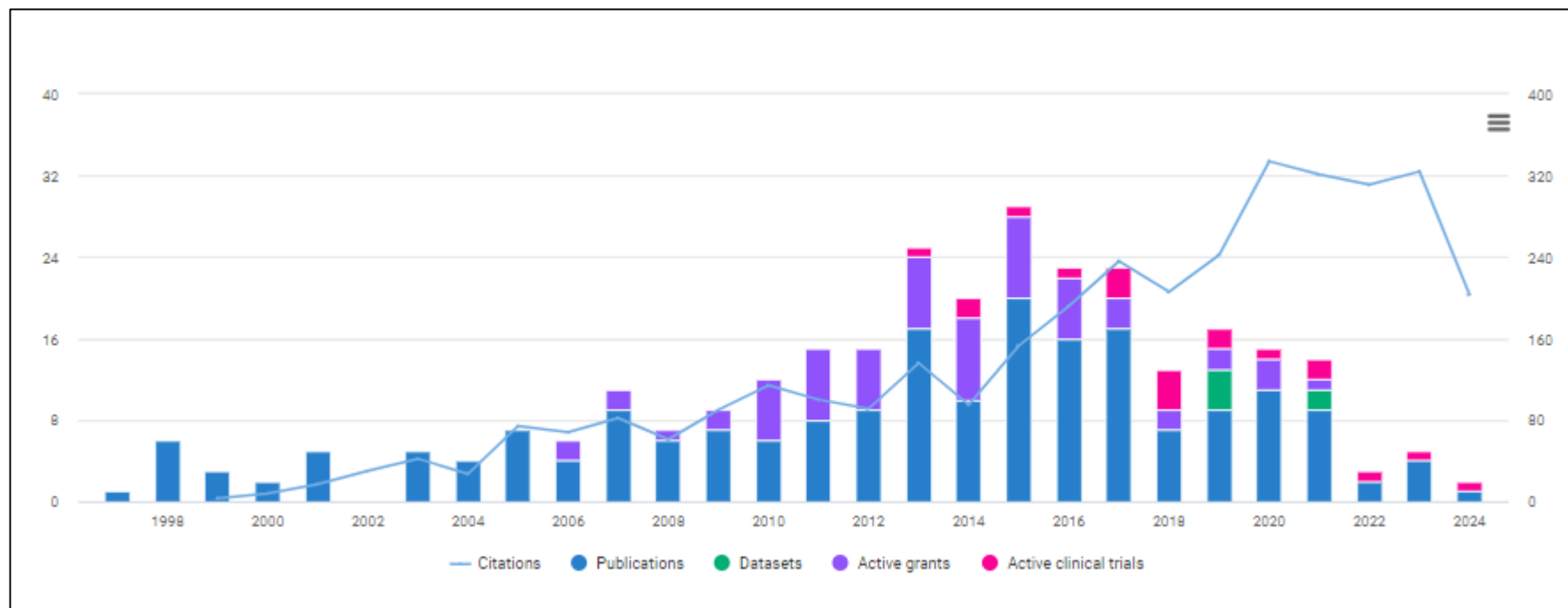
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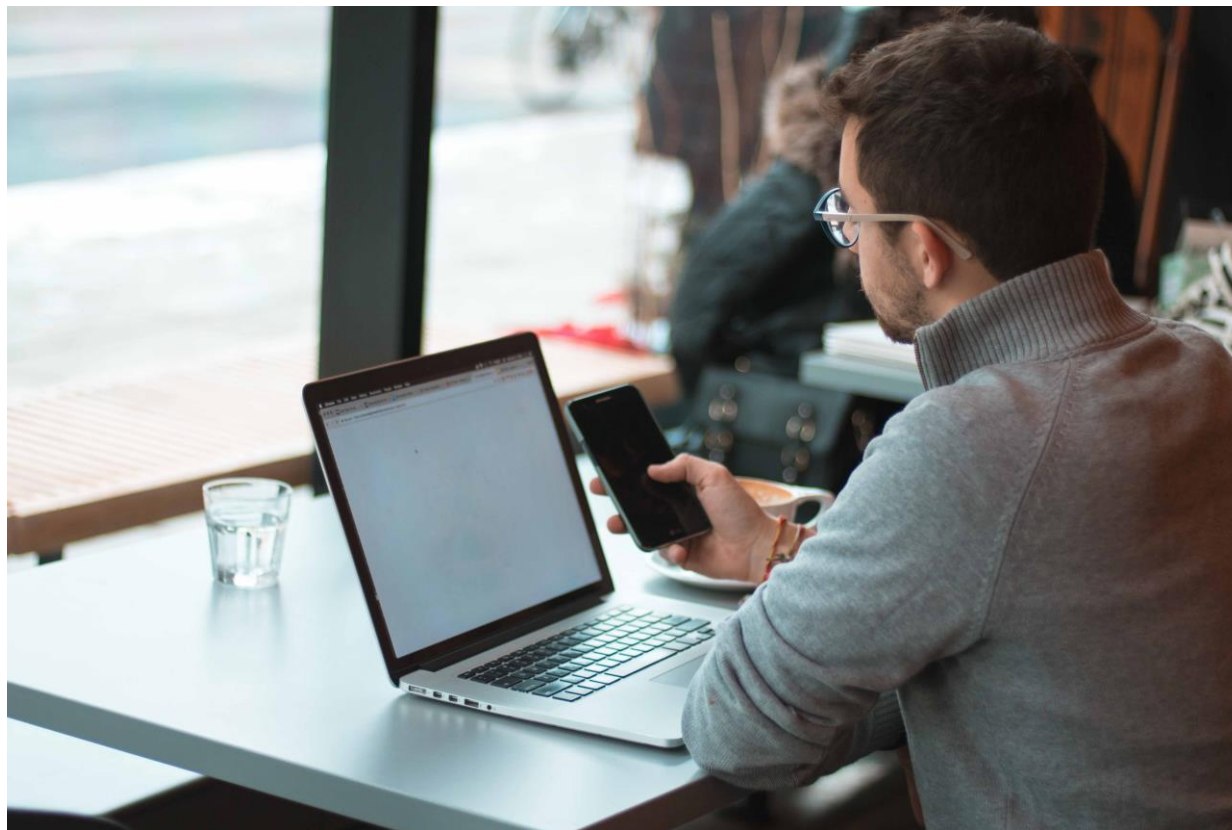
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